


# Administration

Another year has passed and a new year is ticking off the clock. As we reflect on 1987 we can see how we have grown and learned in providing care for our residents. The administration and staff continually learn from our residents here at Care West-Heber Nursing Center.

The past year brought changes to the Care Center as management went through changes, and as complete attention was turned to providing the highest quality of care available. An ongoing quality review system has been implemented so that we can assure the residents and the community that there is no better care available to those in need. Other changes include 24 hour licensed nursing, a decrease in the daily rate from $47.00 to $45.50 which now, includes laundry and previous extra-charge services and a new super activity program. Also adult day care and other new programs have been added to the services that the Care Center now provides.

The new year also brings some new plans that we are very excited about. A few of the things we want to do during 1988 include some minor remodeling of the Care Center; development of family support groups, not only for our residents families but for all families in the community who might be dealing with family health care issues. Also the Care Center will also be sponsoring several activities during the year to further the relationship we have with the community and to help raise funds for the Resident Council needs. In 1987 the Resident Council used part of their funds to purchase a VCR for their enjoyment. We thank the community for their support which made this purchase possible. We are truly looking forward to a successful 1988.

As the new year begins, Care West-Heber Nursing Center expresses sincere thanks to you for entrusting us with the care of your loved one. And we again promise that we will do everthing possible to justify your confidence in our Nursing Center.

At Care West-Heber Nursing Center our name is our promise.

# Professional Spotlight

It is time again that we donate a section of our quarterly newsletter to honor an individual who deserves a moment in the spotlight.

This quarter we have decided to honor a health professional from our own facility.

Melba Kinsey, T.R.T., is native of the Wasatch County area and is best know to people for her sense of humor and of course, for her heart of gold. Melba has yet to learn the meaning of a 24 hour day. She is constantly putting in hour after hour beyond the call of duty at Care West-Heber and W.C.H. Long Term Care helping to improve the quality of life of our elder friends. Melba is truly an assist to the community and to anything she is involved in.

Melba is the mother of three sons and makes her home in Midway, with her husband, Ralph.

We thank Melba for her unending service and dedication to her career of service.

Keep up the good work and thank you Melba for helping make Care West-heber a happy home.

# Feelings 'Key' in Alzheimer's Victims

Psychiatrists are trying to understand how patients with Alzheimer's disease feel about themselves after they become demented. An understanding of the changes in self-esteem and self-image that the Alzheimer patient undergoes may help the nursing home staff provide more understanding care, according to Dr. Lawrence W. Lazarus of the Department of Psychiatry, Rush-Presbyterian-St. Luke's Medical Center, Chicago.

Research in "self-psychology" has provided "new ways of understanding the origins of the frustruation and rage accompanying the awareness of a deterioration of the self, and the changes in self-image and self-esteem accompanying cognitive decline," Dr. Lazarus explained in his report at the 1987 meeting of the American Psychiatric Assocation in Chicago.

### Specific Suggestions

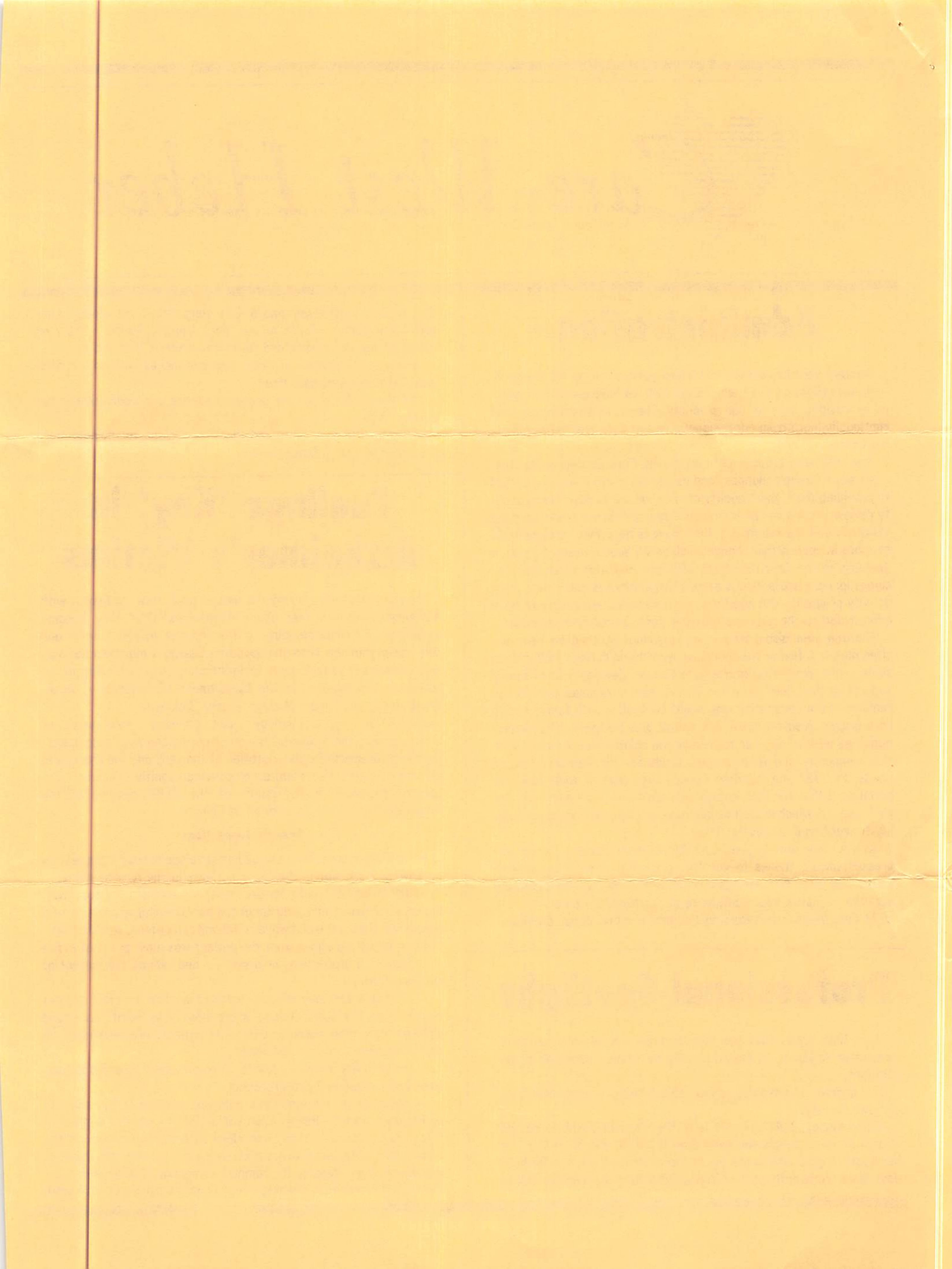
From his research, Dr. Lazarus has developed specific suggestion on how to work with Alzheimer's patients in the nusring home:

—Try to support healthier defenses, for example, by encouraging constructive reminiscing about the past, reminding patients of a time when they felt worthwhile, vital and competent. Ask the family for suggestions about what the patient was most proud of in life — a hobby, a profession, or a skill — and remind the patient of success in life;

— Try to understand why the patients idealize the staff and get angry when the staff doesn't know what they want. As young children view their parents, demented patients are dependent on staff and view them as all-knowing;

— Help family members create an environment in which the patient feels respected and protected;

— Respond to the emotional demands with empathy, showing caring and concern. Rather than correcting the patient's misidentification of persons, time, and place attempt to understand the emotional needs being expressed, empathizing with the feelings expressed. For example, the common complaint of Alzheimer's patients that someone is stealing things from them makes sense when



it is seen that something very precious was stolen from them — their ability to understand and master the world around them.

Although it is difficult to get inside a demented person's view of himself, Dr. Lazarus and his colleague Dr. Bert Cohler have developed a self-psychology rating scale for studying regressive changes in the personality as it relates to the self. Self psychology is a recently developed theory in which the self is viewed as a "developmental psychological structure responsible for maintaining self-image, self-esteem, feelings and affects (emotions) associated with bodily and pyschological integrity." Dr. Lazarus explained.

In a five-year study, Dr. Lazarus and colleagues compared 53 mild-to-moderately impaired Alzheimer patients with 46 age-matched normal elderly controls, and they found highly significant differences.

**Decreased Self-Esteem**

"Compared to controls, Alzheimer patiens manifest a marked decrease in self-esteem, in the ability to empathize, to accept their stage in the life cycle, and to provide self soothing, for example, through reminiscing," he reported. "In addition, they show a fragmentation or a sense of inner disruption; a need for mirroring or positive responses from the interviewer, and a tendency to idealize others."

In explaining the psychological changes which characterize Alzheimer's disease, Dr. Lazarus noted that patients may regress to primitive psychological defenses, such as denial or projection, and may withdraw from former interests and activities. The clinical picture depends not only on the nature and extent of the brain damage, but also on the individual's premorbid personality, educational level, emotional maturity, and socioeconomic status.

"In advance stages of dementia, one may observe consideable regression manifested by autoerotic sexuality, childlike behavior, and almost complete dependency on others," Dr. Lazarus commented. "Misidentification of others as long-deceased relatives, wish-fulfilling delusions and hallucinations may symbolize a fantasied reunion with the idealized parents of their childhood."

The distruptive and angry behavior which Alzheimer's patients often exhibit can be seen not only as evidence of brain deterioration, but as an attempt to overcome feelings of fragmentation and emptiness, he related.

How can the staff provide an empathic response? First, said Dr. Lazarus, they must establish therapeutic rapport. "The patient's emotions, compared to cognitive functioning, may remain relatively intact, and can be understood by observing posture and facial gestures," he pointed out. "Turning into the patient's emotional state may help to establish contact and to relieve loneliness and isolation. A touch on the shoulder at the appropriate moment may augment verbal expressions of concern. Until rapport is established, the staff should not ask questions which assess cognition (e.g., "what time is it?") and which may be stressful to the patient, Dr. Lazarus advised.

Second, the staff should encourage constructive reminiscing, e.g., "What do you consider the high point of your career?" or "What went into that famous chocolate cake recipe of yours?" The demented patient's tendency to reminisce about the past may represent a way to stave off depression, and also brings back a time when he or she felt worthwhile, vital and competent.

**Delusions May be Helpful**

"Sometimes, nursing home patients will hallucinate visits from long-deceased parents and misidentify staff as their parents," Dr. Lazarus reported. "From the point of view of self-psychology, these delusions and hallucinations may help to combat feelings of fragmentation and depletion. Rather than saying, "Don't you remeber that your mother died 10 eyars ago?" the staff might say, "You must miss your mother very much."

Third, the staff should accept the Alzheimer patient's need to regard them as idealized parent figures. As an example, Dr. Lazarus described the case of a mildly demented hypochondrical woman who sustained a hip fracture. "She ruminated constantly about her bodily ills. When her therapiest tried to interject a more hopeful view of the situation, she became agitated and enraged. After the therapist empathized with the patient's annoyance over his failure to understand, her face brightened and she exclaimed unambivalently, "Yes! You understand!"

Last, Dr. Lazarus said, the staff should be prepared to help the patient's family, who may look for advice about ways to respond constructively to the patient's withdrawal, denial or depression, and for help in understanding their reactions toward the impaired family member.

# Recreation

October was exciting with our annual Trick or Treat on Halloween. About 300 people came through our facility.

November was a fun month with a Family Thanksgiving Dinner, enjoyed by residents and their families.

December was Chritmas time all month. Residents received homemade goodies from the community and a special gift of a VCR from the staff.

One of our residents, Anna Carlson, turned 100 years old on the 26th of December. We had a special birthday party at the facility for her.

This year was the first year Heber has had a Christmas Parade. The facility joined with the Wasatch County Hospital and had a special float with residents riding in it.

We all look forward to a Happy, Healthy New Year!

# Social Services

The Social Services Department is looking forward to another year and the plans that are being made to involve the resident families and community with the residents and staff at Care West-Heber.

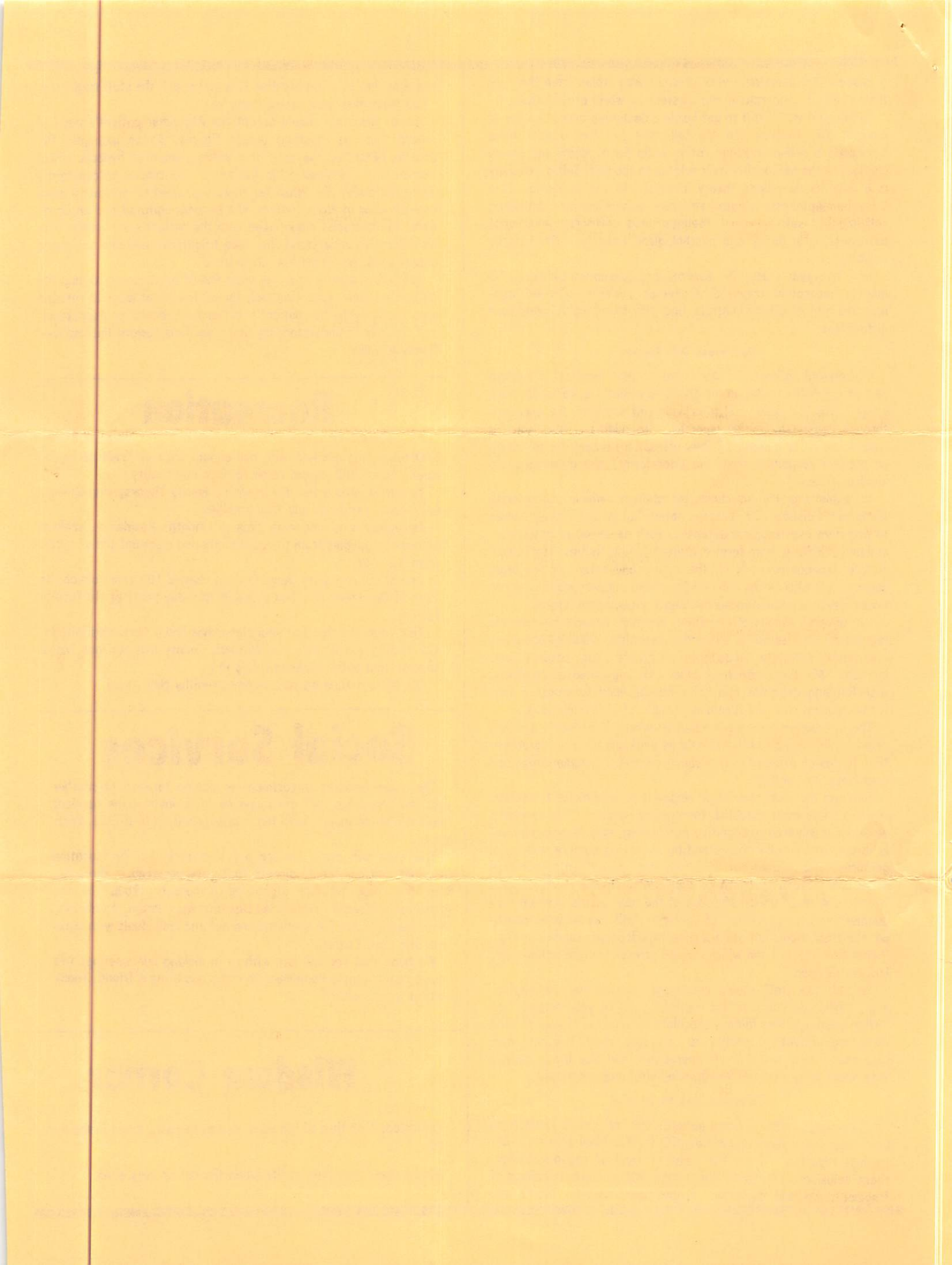
This year will again feature our bi-monthly Family Education Meetings and our family dinners that have occurred in the past. Also this year we are organizing a support group for the Alzheimer's Disease and Related Disorder Association. As always, these meetings are for everyone and not just individuals with family at the Care Center.

We hope that you will join with us in making our meetings this year a real success. Remember to come and bring a friend. Thank you for your support!

# Wisdom Corner

Childhood: That time of life when you make funny faces in the mirror.

Middle Age: That time of life when the mirror gets even.



## How to be kind to your back

***Sitting:*** Use a hard chair and put your spine up against it; try and keep one or both knees higher than your hips. A small stool is helpful here. For short rest periods, a contour chair offers excellent support.

***Standing:*** Try to stand with your lower back flat. When you work standing up, use a footrest to help relieve swayback. Never lean forward without bending your knees. Ladies take note: shoes with moderate heels strain the back less than those with high heels. Avoid platform shoes.

***Sleeping:*** Sleep on a firm mattress; put a bedboard (¾" plywood) under a soft mattress. Do not sleep on your stomach. If you sleep on your back, put a pillow under your knees. If you sleep on your side keep your legs bent at the knees and at the hips.

***Driving:*** Get a hard seat for your automobile and sit close enough to the wheel while driving so that your legs are not fully extended when you work the pedals.

***Lifting:*** Make sure you lift properly. Bend your knees and use your leg muscles to lift. Avoid sudden movements. Keep the load close to your body, and try not to lift anything heavy higher than your waist.

***Working:*** Don't overwork yourself. If you can, change from one job to another before you feel fatigued. If you work at a desk all day, get up and move around whenever you get the chance.

***Exercise:*** Get regular exercise (walking, swimming, etc.) once your backache is gone. But start slowly to give your muscles a chance to warm up and loosen before attempting anything strenuous.

***See your doctor:*** If your back acts up, see your doctor; don't wait until your condition gets severe.

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*Thoughtfulness*
*adds a special kind of beauty to life –*
*a helping hand*
*makes the sun shine brighter,*
*a loving deed adds a special glow,*
*a word, a touch, a gift, a smile,*
*the knowledge that someone cares.*
*All these fill the world with warmth*
*and joy and beauty.*

# Housekeeping/ Laundry

As supervisor over Housekeeping and Laundry, I try to see that our facility and laundry is as clean as being at home.

We love our residents, they are our second family and we care for them as such.

Housekeeping/Laundry
Betty Sweat

# Department Heads

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|---|---|
| Adminstrator | Todd V. Winder |
| Director of Nursing | Janet Matthews |
| Office Manager | Marion Wright-Harp |
| Dietary Manager | Veda Brierley |
| Medical Records/Social Service | Marilynn Boulter |
| Recreational Therapist | Melba Kinsey |
| Housekeeping | Betty Sweat |
| Maintenance | Tom Brandt |




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